



Rise Above

Free Your Mind
One Brushstroke
At A Time

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the Rise Above
book club

Thank you for

RISING ABOVE!

This book is calling for you and your friends to gather together each month to raise each other's spirits and CREATE beauty, possibility, fearlessness, peace, joy, clarity, freedom...whatever you desire.

I created this guide to inspire, not restrict, your full color adventure through RISE ABOVE!

On the following pages I share questions, conversation starters, and suggestions on ways to explore and interact with each chapter!

THANK YOU for sharing this book with your friends! We are going to get this book in the hands of over 200k people so we can ALL Rise Above! ~Whitney Freya

Introduction

YOUR STORY

In the Introduction of Rise Above you learn about Whitney's creative and LIFE journey! She moved to remote wilderness community in 2011 to "live the dream" and soon after ended her 13 year marriage and left their 700 acre ranch and brand new home. She reclaimed her personal freedom and overcame her greatest fear--hurting those she loved.

1. In your group, share a time that you liberated yourself from a situation, a belief, a relationship, or a habit that was holding you down.
2. Whitney also shares how Mother eARTh called her to a new level of raw authenticity. What is your relationship to nature and how have you received new wisdom or insight from time spent outside?
3. What does the statement "I AM the sole creator of my experience" make you think about?

Freedom

CHAPTER 1

1. Coyote--how do you understand the Sacred trickster role and have you experienced it in your life?
2. If you were 100% free to do whatever you wanted right now, what would it be??
3. Have you experienced the ah-ha or insight and then the left brain has shut you down? Can you imagine shifting so that you receive the insight and then give your left brain it's marching orders?
4. As you paint the energy of freedom at the canvas, what thoughts or patterns come up that make you feel stuck or trapped.

Self Love

CHAPTER 2

1. Dolphin--what do you imagine a dolphin would say to you about the importance of loving yourself and BEING loving to yourself?
2. Discuss the stories we were raised with around being selfish or self-centered rather than CENTERED IN SELF!
3. Discuss the quote by Don Miguel Ruiz on page 28. How can you express your love in new ways?
4. On page 25 we explore how vital it is to love yourself unconditionally. Discuss the repercussions (that we all know well) of not loving yourself unconditionally.
5. Ask someone in the group to read the guided meditation on page 29. Breathe deeply 3 times, close your eyes, and experience the meditation.

Presence

CHAPTER 3

When we are present, we are NOT in the past (our baggage and limiting beliefs and we are NOT in our future (stress about something that might, possibly happen!)

To experience change, we must be present.

1. The hummingbird is the animal totem for presence. Which animal for YOU brings you totally present?

2. What feelings are you ready to release?

SUPER SOUL FLOW CHALLENGE:

Will you pick a room or space in your home to make over?!

3. How do you understand that most limiting beliefs we have stem from the past or the future? Reflect on how the past can dictate our future unnecessarily...

Abundance

CHAPTER 4

1. White Buffalo--explore how this animal can communicate to you a feeling or energy of abundance.
2. Whitney explores THREE different ways that you can create ABUNDANCE right now! Which is your favorite and which challenges you the most (inner, creative and radiant).
3. Super Soul Flow Challenge Step 2. Now that you have picked a room and cleared the walls, what ENERGY do you want to bathe yourself in? Follow the instructions on page 66 for this step in the challenge.
4. What symbol of abundance are you going to paint onto your canvas? What image will remind you of the infinite ways you can tap into FEELING abundant each day?

Fearlessness

CHAPTER 5

1. Owl--explore the statement "with eyes wide open, seeing everything clearly, can you still be in fear?" Connect the owl to the "eye of fearlessness" described and shown in the PAINTING PROMPT starting on page 82.

2. Ask someone to read the guided meditation on pages 77-78. Happy flying!

3. "The cave you most fear to enter holds the treasure you seek." ~Joseph Campbell, p. 81. What dark caves have you entered lately OR which one is calling to you?

4. What are you going to paint to connect to the energy of FEARLESSNESS? Or you could imagine creating COURAGE. Owl or Eye of Fearlessness? Why?

Clarity

CHAPTER 6

1. Eagle--read the poem on pages 92-93. What are some aspects of your life that you are being called to release? From that eagle's eye view, what looks most important?
2. Discuss this quote: "There is a thought form on earth that whatever resides in the realm of imagination is 'not real' or 'made up.' Those who belittle the workings of the imagination are limiting themselves to a purely physical-based existence." ~DL Zeta
3. Pick one Imagination Goal to share with the group. What is the limiting belief, new belief, and symbol for this goal? What was this experience like for you?
4. Paint a symbol attached to your Imagination Goal (like my birthday balloons) or an arrow (or a fox...). What do you choose and why?

Intuition

CHAPTER 7

1. Elephant--discuss the energy, the symbolism, the "medicine" of the elephant. How does she want to support you as you RISE ABOVE?

2. Share a story of how you have experienced your own intuition. Has it been through feeling, synchronicities & coincidences, or dreams & imagination? Or which way would you LIKE to experience your intuition?

3. On page 118 you read, "Imagination is our internal paintbrush of possibility." Are you using your imaginative super power for "good or evil?" What is one worry that you can replace with imagining what you DO want?

4. Super Soul Flow Challenge Step 3. As you paint the layers and images on your canvases in your new space, how is it shifting the energy? What is next in this space? You can keep painting over and over any of the canvases!

Spaciousness

CHAPTER 8

1. Butterfly--on page 129, what is your favorite word from the poem and how does that word connect to the energy and feeling of SPACIOUSNESS?
2. Discuss the difference between CHRONOS time and KAIROS time. How have you experienced each? How can you use KAIROS time even more?
3. How do you start your day and what are all the ways you could begin each day with more attention to the energy you are bathing yourself in right at the start of your day?
4. Discuss Time Bending Tips 2 & 3. Where do these challenge you? Set an intention to explore one deeply this coming week.

Peace

CHAPTER 9

1. Whale--ask one person to read the poem out loud on page 147 and connect to the FEELING of being a huge whale undulating through the deep waters. How does this connect you to the energy of peace?

2. The elements. Look up what element is connected to your Zodiac sign. I.e. Cancer is water, Leo is fire, Virgo is earth...how do you identify with that element? How are you like that element? Which element would bring you an energy you could use to help you right now? Fire to transform or burn away something that is holding you down? Air to inspire new thoughts and ideas around a certain experience or person?

3. Discuss creating Elemental Altars in your homes? How can you see this supporting you as you choose to RISE ABOVE?!

4. DREAM CATCHERS! They are so fun to paint! YOU are your own dream CATCHER! Discuss your painting experience.

Ease & Grace

CHAPTER 10

1. Snake--discuss how the journey of the snake in our collective consciousness is reflective of our own spiritual, consciousness journey. Where are you in your relationship to the snake?
2. Where in your life can you reduce the energy of FORCE and open up more to RECEIVING? Discuss...
3. Discuss the 3 Tools for Inviting in Ease and Grace that begin on page 170. Which one speaks to you now and how are you going to use it this coming week?
4. In your group painting tonight, can you each paint a little bit on each other's canvases? Detach from trying to control and experience ease and grace as a group!
Together we are MORE!

JOY

CHAPTER 11

1. Lioness--what fences or walls is your inner lioness ready to roar into rubble? How can you PROTECT your time and right to BE in your joy, do things that bring you joy, or NOT do things so that you can experience more joy?
2. Discuss the statement on page 189, "The call, the human experience chosen by your infinite being, is to REDISCOVER JOY in spite of the human experience." Have you felt joy after overcoming a challenge?
3. Explore the Joy Exercise on page 190. How can you intend to RISE ABOVE the human drama this coming week? Where do you need support in this?
4. YOU get to paint your WINGS!!!! To begin the painting, choose a quote from this chapter and paint that first onto the blank canvas. Which do you choose and why?

Personal Symbol

CHAPTER 12

1. What vision of your future, or experience that you want to magnetize to you, are you going to create into a Personal Symbol this week? Say more...

2. What is the energy you MOST want to bathe in? Which feeling can you anchor yourself into that will make you the most happy and fulfilled? For example, I know if I commit to honoring and experiencing the energy of FUN in my life I will have no regrets! Or maybe for you it is PEACE, JOY...?

3. What symbols or images have been favorites of your's since childhood? How do they reflect an aspect of you that is important to you?

4. Discuss the 2nd Secret of the Golden Boomerang on page 204.

Conclusion

CHAPTER 12

1. What are all the ways you are happier, or lighter, now?
2. How are you LOOKING at life differently now?
3. What does your Personal Painting Practice mean to you now? What would you say to someone else who was wondering if they could paint?
4. The feather is a symbol of our choice to live with a lightness of being. Discuss where you want to experience more of that in the art that is your life!
5. Please pull out someone's phone and shoot a video or a FB live and share with your world (use #riseabove and #whitneyfreya so we can find you!) how you have chosen to RISE ABOVE and share your paintings, your ah-hah's...



Thank you SO much for creating your own Rise Above Book Club!

I want to thank you for receiving this heART-work of mine that is this book! I KNOW that together we can RISE ABOVE and create a happier, more inclusive, compassionate and LOVING world!

This book is super HIGH vibration! Thank you for sharing it with others and helping us all to spread the word of our magical creative spirits!

Please reach out to me at [connect\(at\)whitneyfreya.com](mailto:connect@whitneyfreya.com) and share with me your experience with Rise Above. THANK YOU!



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CREATIVE MUSE ~ ARTIST ~ AUTHOR